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The official newsletter of the Highgate (WA) Sub-Branch of the Returned & Services League of Australia

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Monthly Luncheon

Monday 19 September 2005

Venue: Ground Floor, ANZAC House
Time: 11:30 hrs Fellowship 12:30hrs Luncheon
Speaker: Grant Dorrington – WAFC
Topic: ANZAC Field Concept at Subiaco Oval

Presidents Report

ANZAC House Refurbishing Commenced

The builders are in, the first floor will be renovated first and then moving downstairs to modify and bring the club up to current building standards. The work is expected to take approximately 14 weeks to complete.

Highgate Luncheon in September will be held in the Dining Room on the Ground Floor perhaps a little squeezey we are only able to fit 100 Members and Guests so please get there early.

ANZAC Field Concept at Subiaco Oval

Grant Dorrington from the WA Football Commission will talk to the Sub-Branch about the concept for Subiaco Oval to be renamed ANZAC Field. This is an opportunity to be able to hear the concept as it is now and not the incorrect assumptions made by the press from some leaked information.

There is the opportunity for questions and to clarify points of interest. The final decision is to be made by the Minister for Veterans Affairs after fair and valued comment from the RSL.

Ladies Dining Night - Friday 25 November 2005

Venue: WA Club
101 St Georges Terrace
PERTH

Highgate has arranged the Club Suite on the First Floor for dinner. The cost for Dining Night is \$60:00 same as last year. If you and your good lady are attending please complete the "GREEN Return" and post or give to the Treasurer with your payment.

All the best, Ian

FORTHCOMING MEETINGS

Committee: 10:00 hrs Monday
3 October 2005

Luncheon: 11:30 hrs, Monday
17 October 2005

Assistant Cashier for Monday 19 September – **Ted White**
Members, please assist by bringing the correct money
\$25.00

Members CV's for Highgate Anniversary Booklet	New Members
Many Members have not completed the CV and Photograph for the Highgate Anniversary Booklet if you need a CV forms see Phil Loffman.	Please welcome: Les Castle.

Sub Wardens Duties

Wreath laying ceremonies currently scheduled at the State War Memorial, Kings Park:

Wednesday	7 September	11:45 for Noon	Battle for Australia (RAAF)
Sunday	11 September	10:00 for 10:15	Maltese Association of WA (Inc)
Sunday	16 October	10:15 for 10:30	RA Sigs National Reunion

From the Pensions Officer

The last edition of our Newsletter had a very good article by Hollywood Private Hospital urological surgeon Mr. Stan Wisniewski on the subject of prostate cancer. This is an issue that I often come across with our veteran community, especially when a veteran wishes to seek a claim on the Department of Veteran's Affairs for compensation for the disability. The Repatriation Medical Authority's Statement Of Principle (SOP) shows that the RMA recognize only a few circumstances in a veteran's service life as being possibly causative to prostate cancer. Briefly these are:

1. Spraying or decanting a herbicide containing 2, 4-D or 2, 4, 5-T in circumstances likely to result in the inhalation or absorption of the herbicide.
2. Being on land in Vietnam or at sea in Vietnamese waters for at least 30 days.
3. Increased animal fat consumption by at least 40% and to at least 70gm/day for at least 20 years before the clinical onset of the disease.
4. Inability to obtain clinical management for the disease.

The 2, 4-D and 2, 4, 5-T herbicides were used in Vietnam as defoliants (Agent Orange). Clearly a WW2 veteran's service would not have exposed him/her to this chemical.

Being on land in Vietnam or at sea in Vietnamese waters is also not applicable to a WW2 veteran and an increase in animal fat consumption is hard to prove to the satisfaction of the Department of Veterans Affairs. Overall it is very difficult for a WW2 veteran to show the DVA that their service life caused their prostate cancer. On the other hand Vietnam veterans have a much better chance.

As usual, your friendly neighborhood pension officers will be only too pleased to answer and queries on this subject for you.

Best wishes, Jim Eayrs

Committee Members 2006 - Onwards

Bob Norris is the Senior Vice President designate and will step up when Norm assumes the Presidency in February 2006. Richard Adams has immediately stepped into the Junior Vice Presidents role and will also retain the Treasurers portfolio. There are further vacancies on the committee for those who wish to help.

Congress 2006 - Sub-Committee

The Sub-Committee has been formed Jim Eayrs (Chair) and Bob Arnold and Bob Galloway (Members). Their deliberations are to be completed by 31 January 2006.

Thank you chaps.



From the _____ of the Senior Vice President – Norm Manners

I was talking to Tony Munday recently and he told me of a great holiday trip he and Brian John are investigating. They are planning it so that it would suit all Highgate members who wanted to go back in time.

RIPPER TOUR OF HONG KONG – ENGLAND – EUROPE PROPOSED FOR HIGHGATE MEMBERS

Depart Perth May 2006 flying Cathay Pacific business class to Hong Kong where the party will have access to the famous Foreign Correspondents Club for dinner and other activities before Tony, who lived there for many years, shows you the sites.

Depart for Heathrow around 0600 and on arrival be taken by private coach to the exclusive Royal Air Force Club, London where you will stay.

Then, after a few days, you board your private coach for France and the city of Amiens and a visit to the war graves of World War One. Then to Paris for a night or two before turning south to the Champagne district, just to taste the product of the area, before setting off for Toulouse and a guided tour of the Airbus factory and the A380 under construction.

We then head for the beaches at Normandy to remember that historic landing by allied forces as you wander amongst the ruins of World War Two. From here it's the car ferry to Portsmouth in old merry England and the Royal Naval Dockyard. Here you will see exhibits such as HMS Victory, Warrior and Mary Rose before a

ferry ride inspection of the present-day fleet at anchor. Then it's back to London and the RAF Club.

In London the group will tour the Imperial War Museum and the RAF Museum at Hendon before heading off to Duxton to see the static exhibits and a flying display.

On the way back the party will take in a sweeping tour of Cambridge, Stratford, Blenheim Palace in Oxford, the Cotswolds, pop down into Wales, Bath, the Royal Fleet Air Arm museum at Yeovil, Windsor then back to the comfort of the RAF Club

As all flights will be in business class and accommodation of the best it will be a tour that is comfortable but dearer than economy with the cost estimated at probably a little more than \$A11,000 plus your private expenses.

If you are interested and before Tony takes it any further you need to register your expression of interest.

Contact: Tony Munday
9386 3902

E-mail: lunarian@cygnus.uwa.edu.au

Meanwhile keep smiling, Norm Manners

Japanese Apology

The Japanese Prime Minister, Junichiro Koizumi reaffirmed his determination on 15 August that Japan must never again take the path to war, reflecting that the peace and prosperity enjoyed today, by Japan, are founded on the ultimate sacrifices of those who lost their lives in war. The Prime Minister reiterated that Japan, through its colonial rule and aggression, caused tremendous damage and suffering to the people of many countries. He once again expressed his feelings of deep remorse and heartfelt apology and also of mourning for all victims.

Elderly depression slips under the radar

Psychiatrists at Hollywood Private Hospital have noted that depression among the elderly may sometimes be difficult to detect and if untreated can lead to suicide.

In today's society, depression is recognised as a relatively common problem with between 10 to 20% of the population developing a form of the disorder at some point in their lives. However, as is the case with many mental illnesses, it may be difficult to detect because of a wide range of symptoms and the varying degrees to which it affects people.

The Hollywood Clinic, the mental health facility on-site at Hollywood Private Hospital, offers a 'Bridges to Recovery' program, which was established to help people over 65-years-old recover from depression. 'Bridges to Recovery' program coordinator Mary Dullaghan said the general community had a limited understanding of depression in the elderly because of a view that they're like that anyway.

The term 'depression' is very broadly used and can be associated with anything from a bad day to a life threatening illness, according to a Hollywood-accredited psychiatrist.

"It can range in severity from a minor, temporary lowering of mood to a melancholic or psychotic depression," he said.

Whatever the problems surrounding the detection and diagnosis of depression in the general population, they become even greater when attempting to identify a depressed senior as symptoms may be misattributed to a concurrent medical problem or even just "getting old".

Generally, the elderly generation often misconstrue depression as a character weakness so consequently may not acknowledge that anything is wrong.

"They may deny feeling depressed but perhaps admit to feeling low or down," the psychiatrist said.

Mary said the diagnosis of depression was plagued with difficulties, but if a loved one

displayed symptoms they should be encouraged to see their GP.

"With early detection, assessment and treatment we're looking at a successful outcome," she said.

According to Mary, it's when physical ailments, such as aches and pains, increased blood pressure and other complaints, coupled with behavioural problems like mood changes, increased irritability or loss of concentration, that it was time to look a bit deeper.

However, for those who suspect a family member or friend may be in danger there are ways to help.

"As a group they (the elderly) don't readily talk about their feelings – they get on with life, they're resilient," Mary said. "It can help if they open up. Talk to them about how they're feeling and just listen."

The National Trust of Australia (WA) Seminar – Supplying the Fortress 1937 - 1945

The seminar is to be conducted by the Defence Heritage Committee on Saturday 17 September 2005 \$35.00 General Admission:

Telephone: 9321 6088

The HORMS 1942-1945

A History of WW2 Wireless and Radar Mechanics by George Stevens. \$22.00 from:

RAN Radios Mechanics Association

5 Aimond Court

VALE PARK SA 5081

Last Post

Gordon Young, John Jackson former President and Committee member at the time of his death and Brian Martin League Treasurer, former Highgate Treasurer and Junior Vice President at the time of his death..

Lest we forget